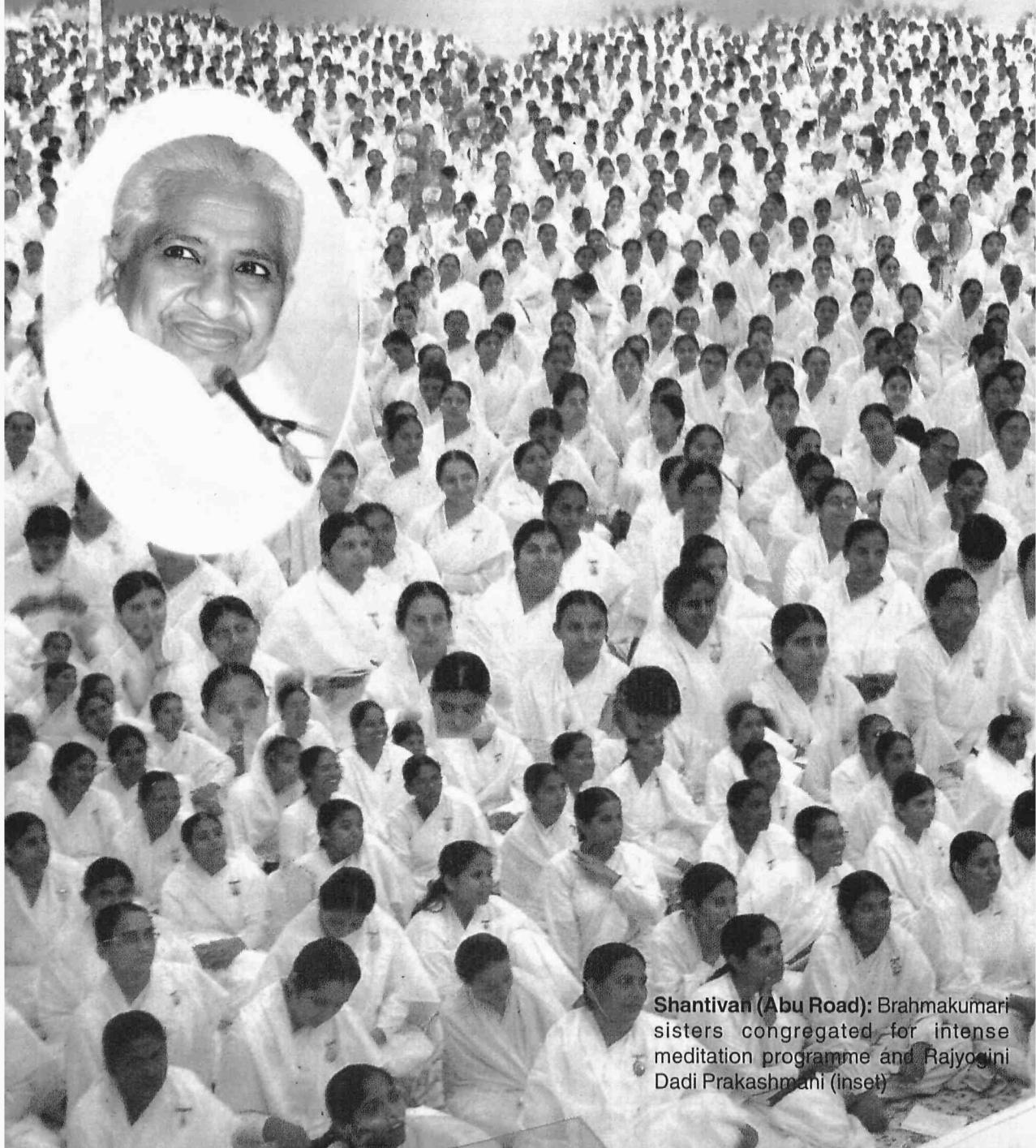


The World Renewal

17

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Monthly



Shantivan (Abu Road): Brahmakumari sisters congregated for intense meditation programme and Rajyogini Dadi Prakashmani (inset)



1. RAIPUR: On the auspicious occasion of 40th anniversary of Mateshwari Jagdamba Saraswati, addressing the august gathering is H.E. Bro. K.M. Seth, Governor, Chhattisgarh. Seated on the dais are B.K. Sis. Kamala, First Lady Sis. Veena Seth and B.K. Sis. Sarita. 2. Mount Abu (Gyan Sarovar): Inaugurating the Seminar and Rajyoga Retreat programme organized by Rural Development Wing are B.K. Raju, B.K. Sis. Sarla, B.K. Sis. Mohini, B.K. Sis. Sharda, Sis. Taruna Patel, President, Distt. Panchayat and Chief Adviser, Bro. Deepak Tonk, Executive Director, G.N.F.C., B.K. Sis. Surekha and B.K. Nirwair, Chief Editor, The World Renewal. 3. MOUNT ABU (GYAN SAROVAR): Inaugurating the seminar organized by Youth Wing are B.K. Sis. Chandrika, Sis. Amarpal Merchant, V.C., Baba Sahib Ambedkar Open University, Dadi Ratan Mohini, Dr. Shekhawat, H.E. Sis. Pratibha Patel, Governor, Rajasthan, Dadi Manohar Indira and Bro. Mahendra Patel, President, Ahmedabad Management Association. 4. KURUKSHETRA: Bro. Phool Chand Mulana, Education Minister, Haryana, alongwith B.K. Sis. Saroj, B.K. Lakshman and others in a group photo, after receiving Godly message. 5. MOUNT ABU: Rajyogini Dadi Prakashmani explaining Godly knowledge to Bro. Jagat Prakash Nadda, former Minister of Health, Himachal Pradesh. 6. PANAJI (GOA): Inaugurating the programme 'Clean Golden Rural Bharat' are Goa Minister Bro. Dayachand Narwekar, B.K. Sis. Shobha along with a village sarpanch and a social worker. 7. TANZANIA: B.K. Dr. Girish Patel, after delivering lecture on "Improving Memory", seen talking to Prof. Mekony, Dean, Muhimibili University's Health Science College and the students. 8. NAVSARI: Inaugurating a Travel and Transport Wing programme are Bro. Mangu Bhai Patel, Minister for Scheduled Tribes' Development and Social Welfare, B.K. Sis. Divya, B.K. Swaminathan, Bro. Khimsurya, R.T.O. Inspector, B.K. Suresh, B. K. Sis. Gita and others.

DADI'S RAKHI MESSAGE

To beloved divine brothers and sisters, who are marching forward with zeal and enthusiasm to perform the task of world transformation and who are ever happy and peaceful owing to the foundation of complete purity.



Heartiest wishes, greetings of love and remembrance on the auspicious occasion of Raksha Bandhan(Rakhi).

This lovely period of Confluence Age is a memorable celebration of boundless service rendered by all divine brothers and sisters in making others cooperative and instrumental in the task of world

transformation. Bapdada is presently inspiring us for unlimited world service and encouraging us for speedy efforts. Baba says—“My spiritual children, to pass the final paper, two precepts should be paid attention to: 1. Stop: The past needs to be forgotten by applying a full stop to it and 2. Stock: Keep stock of all powers and divine treasures to accelerate the pace of time. Donate mental powers and vibrations to the troubled, unhappy souls of the world through self-focus and stability.

On receiving Baba's beautiful inspirations, all BKs are making sincere efforts for world service. Raksha Bandhan reminds us of our pledges and keeping them in mind; it instills in us a feeling that every soul be ever pure – in thoughts, words and deeds.

So our sweet, affectionate brothers and sisters, tell us what are your good wishes on the eve of Raksha Bandhan? Keeping the pace of time in mind, it is necessary that everyone keep an aim to bring about a full stop to the past and emerge our complete, pure self and ‘sun of knowledge’ stage, render mental solace to the souls of the world. Take a pledge to do unlimited service through value-based life, so that only one

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voice be heard everywhere: “God has arrived, God has arrived”. When such a wave of awareness flourishes, then the drums of revelation will be heard.

May all the souls experience God's love. Tie each other with the sacred thread of spiritual love and affection. With divine love and remembrance,

Your divine sister,

(B.K. Prakashmani)

UNIMAGINABLE DOWNPOUR AND INVINCIBLE HUMAN SPIRIT

The mountains of Rajasthan have been revived once again, thanks to the welcome rains. The fields appear to be rich, green carpets. The *Maldharis* (shepherds) have returned to their respective villages with their livestock in thousands. The grazing land is bountiful with fodder and food-grain crops. The agriculturists are ploughing the fields and sowing paddy crops with delighted faces; they need not take out rallies in agitation anymore (for canal water) as the Rain Gods have showered their mercy whole-heartedly.

However, the incessant downpours for weeks together in Gujarat and Maharashtra, with cloudbursts in Mumbai and other places, flooded Mumbai, Vadodara and several other areas in Gujarat, Maharashtra, as well as North-Eastern States of India. Thousands of people lost their lives and there was loss of property in billions. Hundreds of school children, housewives and workers were subjugated to tremendous hardships and, mental and

emotional trauma due to these tragic heavy rains. Mumbai, a mega-city famous for being awake 24 hours non-stop, came to a stand-still for hours (and days in some places) without electricity and water; telephone connections of all types went dead.

The aftermath of the deluge has probably been more terrible for citizens as wet food-grains and other rain-soaked materials were thrown on the roads and pavements. This caused dreadful traffic jams and made the mega-city look worse than a remote Indian village with its heaps of cow-dung and garbage on the road-sides.

During such scenes of human misery, the Government machinery proved inadequate in every respect, including transport (rail, road and air), water supply and many more areas. But at such a time, the best in human spirit emerged to transcend all barriers. Many stories of collective or individual co-operative spirit are now coming to light from all the affected regions. These stories

of compassion and bravery are so touching that they inspire the young and old to shun all 'isms' (prejudices, discrimination etc.) as well as the consciousness of boundaries due to language and geographical backgrounds. Adversity teaches us to recognise and realise the eternal reality within the human being and recreates bonds of spiritual love and brotherly affection. Stories of courage, risking one's own life to save others, bring home the truth about the invaluable lives we have received to play our individual unique roles in this greatest world drama.

On one side we see the beauty of human spirit but on the other, the short-sightedness of human beings cannot be ignored. As soon as normalcy returns in life, all plans and pledges made during hours of misery are forgotten conveniently. Present day rulers need to be committed to designing and following through with short and long-term plans for the security of society. Despite the honourable work of

voluntary organisations and individuals to help victims rise from tragedies, their efforts often prove inadequate due to meagre resources and manpower. The Governments, both Union and State, should encourage genuine agencies with sufficient amounts of funds and guidelines for future eventualities, which can be expected in the coming years. The past has taught us many difficult and painful lessons with the Tsunami and other tragic earthquakes, the Vadodara and Mumbai deluge, annual flooding of Brahmaputra and other tributaries in Bihar and Bengal etc. We see the same kind or worse scenes each year. Why can't we wake up now and rise to make plans for the future in advance? May our elders in the Government and Parliament, including the State Legislatures, take these disasters seriously and entrust the Damage or Disaster-Control Planning and Execution to properly qualified and trained personnel (numbering thousands). Let the education, training and experience of agencies in any part of the world be sought.

While dealing with damage control, a special contingent or army is essential for guiding people in the subtle aspects of

facing tragedy, i.e. loss of human life and property. Indian philosophy holds a treasure-trove of great wisdom which can alleviate the innumerable sufferings of our dear society. This can be channelled and conveyed through proper education in values through educational institutions, Mass Communication and the Multi-Media (T.V., Radio, Films etc). Film script writers, novelists, journalists, dramatists and others can play powerful and motivating roles in spreading value education. Religious leaders, spiritual and educational institutions have a big responsibility in preparing society for future tragedies of mass destruction. To live in denial by thinking 'nothing bad will happen' is an illusion that leaves a person emotionally, physically, psychologically and spiritually vulnerable. Living in ignorance can be detrimental; therefore, be forearmed.

On the ground level, those who plan our townships and cities need to be actively more involved in preparing new guidelines for balanced planning. We have the 'kohinoor' of both scientific knowledge and spiritual wisdom in the personage of our President, Dr. A.P.J. Abdul Kalam to guide

the nation; we have the best of all economists in our Hon'ble Prime Minister, Mr Manmohan Singh; Bharat is overflowing with wise humanitarians and leading lights in every field. Then what does the nation lack?

The missing piece seems to be unity amongst our elders in the Parliament, who are responsible for guiding the nation and for its welfare. They do get together amicably for birthday celebrations and marriages of their sons and daughters then why can't the same happen for the benefit of the people of India?

The State Legislatures again face the same problem. We, the people of India, should unite at all levels, including the Parliament and Legislatures for the people of India. Only then can we call ourselves sincere, patriotic Indians. The spirit within every heart and soul needs to be rekindled in the form of a Second Freedom Movement, which specifically addresses the core issues of prevailing anomalies, i.e., corruption, terrorism, discrimination, bribery, poverty and more. A very dynamic and powerful thrust is needed to bring back the Swadeshi Movement, with a difference. Foremost is the need to realise

that our 'enemy' is not the 'West' or any individual or a nation. We are fighting against the attack of 'vices' or subtle negativities on human life. While opening our gates to multi-national companies, this movement should aim to create the awareness of re-adopting morals and values, and practice of meditation, in the life of every Bharatwasi. The values of non-violence, purity, humility, honesty, love, unity, truth, tolerance, compassion, respect, peace and the like need to be discussed on the national level and appreciated by our elders so that the nation rebuilds its health in values and virtues.

SIXTIETH ANNIVERSARY OF HIROSHIMA HOLOCAUST Vs PARADISE REGAINED

Every year, 6th August reminds the world of the horrors of the first nuclear explosion where 140,000 people were killed instantly and several hundreds of thousands succumbed to the effects of radiation. Those who survived the tragedy have had to live with skin cancer, deformities and much more. They refer to it as

a 'baby bomb' as today, with hundreds of times more destructive power, there exist more than 10,000 atomic weapons in many countries all over the globe. The human being is said to be peaceful by nature but it is ironical that in the name of peace and security, due to fear psychosis, horrendous actions are justified in various ways and the 'bomb' is refined and magnified continuously. Many powerful nations are using the guise of their space exploration programmes as means of deploying the atomic bombs. Please just sit back and visualise the day when this process of refinement and use of atomic weapons reaches its climax... though an excruciatingly painful scene to comprehend, it would be the 'big bell' calling every human soul's attention towards the moments for the final return journey to the sweet home of silence, the Supreme Abode or *Paramdham* of all souls.

In stark contrast, the yogis or the wise prepare themselves for years before coming to the day of return journey. Rajyogini sisters from all over Bharat, over 3000 in number who have been practising and teaching principles of a pure and divine life for 2 to 12 years had

gathered from 1st–8th August 2005, in Shantivan, Abu Road, for a special one-week retreat programme. These B.K. sisters, serving at different Rajyoga Meditation Centres in India call this process 'recharging and electrifying the soul-batteries'. After listening to Revered Dadiji's inspiring discourses and Godly versions, succinct clarifications from Dadi Hirday Mohini and other senior B.K. sisters (with experience of over 40 years), the spirits of these young angels soared high to radiate powerful vibrations of positive peace and tranquillity. They found it absolutely worthwhile to take to practising different aspects of meditation and exploring the depths of spiritual wisdom. The feelings of inner richness and beautiful spirit were visible in the glow of their eyes and shine on their foreheads. In silence, they convey a very powerful message regarding the futility of material wealth and external decorations, which are short-lived and generally end in pain and unhappiness. They convey to the world how beautiful one becomes by diving deep into the depths of Godly versions and appreciating each version worth millions and billions. These young Brahma Kumaris

are practical examples of enlightened minds; their lives rich with service unto the otherwise depleted and suffering society will surely become beacons of spiritual wisdom for all. Through their day-to-day activities, they truly exemplify what the Supreme Father, God Shiva, ordains us to do:

“Sweet Children, you are all brothers (souls). I descend to re-establish *Satyugi Adi*

Sanatan Devi Devta Dharma (Golden-aged Original Eternal Deity Religion) where there is 100% purity, peace and prosperity. In other words, you enjoy liberation-in-life full of virtues, wealth, health and happiness for 21 generations (life after life). The very awareness of any kind of suffering is totally absent there. I have come to meet you children who were burning on the pyre of vices. I come to take

you back to your eternal home, and then will send you to the kingdom (Golden Age, Heaven, Bahisht). In order to accomplish this, I decorate you souls with spiritual knowledge. You children should experience infinite happiness that God has come for us”.

Let us listen to Him, belong to Him wholly and completely, and regain our lost paradise.

— B.K. Nirwair

A PRAYER AND AFFIRMATION

■ Sheila Williamson, Fremantle,
W. Australia

Dear God,

Help me keep my sanity

When all around are losing theirs

Help me keep my strength and power

Amidst the turmoil and chaos

As long as I keep my faith

I can conquer all tests

With the spiritual strength

This is the world drama, the play of nature

Know that all the scenes are meant to be

We all playing our parts, acting our roles

We are diamond-like stars learning to sparkle again

We are Your family, You are our

spiritual guide

You come to change us from thorns to roses

From shells to diamonds, from iron to gold.

We take Your teachings and create our fortune

Our stage of ascent has begun

You give us courage to overcome obstacles

Knowledge is a powerful weapon

It gives us light and might

Through it we claim our inheritance

Become wealthy, happy and peaceful

You made me a fearless Lioness

Victory is my birthright

LIVING SPIRITUALITY FOR A VALUE-BASED SOCIETY

■ B. K. Surendran, Bangalore

Man, from time immemorial, has been endeavouring to enhance and update his knowledge to create better comforts and facilities. He has been trying to gain supremacy over the nature, over the calamities, over the ill health, over the galaxies, over the forces of nature and elements, and so on. While at his home front, covertly or overtly, he has been a party to all atrocities and addictions, malpractices, manipulations, muteness; proxies, wars – declared and undeclared, religious fundamentalism unleashing internecine terror – local and global.. The leaders of all countries are making a hue and cry over all these happenings and pretend to solve them. The modern world has the dubious distinction of having the highest suicide rates, divorce rates, broken homes, and wide gaps in haves and have-nots. We have high tech with no high touch. We have made great strides in science and technology for creating a

better world with more comforts and conveniences, providing better housing facilities, better communication facilities, better transport, better nourishment base and so on. The search outside of man is in progress and finds expression in all his day-to-day activities.

The search outside is a must. The effort to exploit the natural resources for the betterment of human race is a must. But in the midst of all these advancements in the outside world, with a money boom in many of the countries of the world, there is a decay of the real man. The real man is in chaos and sufferings of sorts. In the verses of Oliver Goldsmith:

*Ill fares the land, to hastening ills a prey,
Where wealth accumulates, and men decay*

When money is over-valued, man is devalued. All values are eroded when money becomes the only consideration. It does not mean that money is bad. But we must know how to handle money and wealth for the wellbeing of

oneself and others. This is where the investigation into the inner world and its orderly house-keeping become all time indispensable to empower the self to take on the emerging pressures in the outside world. Practising spirituality in day to day-life becomes a top priority for the ailing mankind to cope up with the unprecedented emergence of information technology, communication network, and a host of other technical know-how and consequential material prosperity.

Spirituality

Some people think that 'spirituality' is associated with rituals, religious bigotry, blind faith and fundamentalist attitudes. Some people believe that spirituality is religion and religion is spirituality. Some people are scornful of the very reference of spirituality. They blame spirituality for all the religious fundamentalism, associated atrocities, caste rivalry, religious segregation, and meaningless traditional and customary practices. Religions are nothing but the different choices of faith available to humankind. It is the right of choice of an individual to adopt a set of faith and principles in one's life. There is freedom of choice. Respecting the freedom of choice is the best choice for

others to directly or indirectly help peaceful coexistence.

Spirituality is universal. Spirituality goes beyond the boundary of religious practices and covers the entire human kind. Spirituality is the spiritual dimension of an individual. One is a spiritual being and not a physical being whether one accepts it or not.

Again, the spiritual dimension, from the core, is a cornucopia of knowledge/wisdom, purity, peace, love, bliss, happiness and power. These are the virtues of the spirit – the soul. One is a soul. The body is the vehicle of the soul. Soul-consciousness is the real and natural consciousness of an individual. In soul-consciousness, the core virtues/qualities/attributes individually and collectively operate in the form of different values in life when one interacts with others and world situations.

Practising spirituality in daily life

Spirituality or soul consciousness sets in motion the manifestation of the core virtues/attributes in the form of values in life.

Knowledge/wisdom manifests in the form of understanding, maturity, adaptability, balance, discernment, freedom, faith, greatness, humility, manners,

punctuality, readiness, self respect, self sovereignty, self confidence, fairness, justice, maturity, discipline, farsightedness, introspection, detachment and so on. **Purity** manifests in the form of non-violence, truth, honesty, integrity, sincerity, openness, cleanliness, transparency, reality, royalty, courtesy, accuracy, orderliness and so on. **Peace** manifests in the form of coolness, calmness, tolerance, easiness, patience, gentleness, introversion, lightness, positivity, silence and simplicity. **Love** manifests in the form of respect, regard, share, care, sacrifice, service, compassion, kindness, cooperation, generosity, mercy, forgiveness, obedience, mercy, appreciation, benevolence, goodwill, politeness and so on. **Bliss** manifests in the form of enthusiasm, zeal, pleasantness, unity, cheerfulness, contentment, sweetness and so on. **Happiness** projects in the form of elevation, encouragement, worthiness, lightness, joy, creativity, self confidence, enterprising nature, venturesome nature and so on. **Power** projects in the form of courage, stability, determination, bravery, constancy, decisiveness, faith, perseverance, fearlessness, tirelessness and so on.

These are the natural

qualities/attributes which are the very fabric of the spirit – the soul. These are basically the fundamental principles governing universal welfare and harmony. Therefore, spirituality means having lot of spirit in one's life. But what we find is that even though an individual is a spirit, there is no spirit in the Spirit which means there is no enthusiasm, zeal, creativity, self-confidence, courage, so on and so forth. **Deep within each and every individual, there is an inner longing to live a life of greatness and contribute to really make a difference. Self awareness—the ability to reflect on one's own life, grow in self knowledge that one is a spiritual being – soul, and become aware of one's own original attributes empower one to self-regulate oneself based on the natural attributes/qualities and develop social skills—interact with others with satisfaction on the strength of the innate qualities.**

When we use values in life, these values mature into different powers such as power to discriminate, judge, accommodate, face and so on and so forth, which are required for fostering better inter human relationships and also for successful conflict

management. Values cannot be brought from outside of oneself. Values are the natural culmination of one's spiritual nature in different costumes and colours. **Goodness is the virtues' package in oneself.** Values are seeded into that goodness. Modern man needs a goodness prone man-ward and god-ward mindset, refined skill-set and sharpened tool-set. All these sets are thought modules nurtured, cultured and geared by commonsense and wisdom. Materialism and true spirituality should combine so as to strike a balance in personal, family, professional, social and public areas of life.

Meditation – the energizer

Spirituality becomes complete only when God and his relationship with the individual spirits is clearly understood because both these entities are lights – energy. The body gets energy from the food one eats. God, who is the Supreme Spirit, is the source of energy for the spirit. The spirit grows in spiritual energy through the process of meditation as God is the ocean of all these attributes. Loveful remembrance of the Supreme Spirit in soul consciousness is meditation.

Meditation hastens the process of growth of the attributes and its different ramifications in the form of values.

Man is a spiritual being and to deny that truth tantamounts to denying one's own existence. According to Mundakopanishad, the science and technology of spiritual growth is characterized as '*Sarva Vidya Pratishta*' – a package of all knowledge. As we are the children of God, our real nature is to be happy. We will never be satisfied with anything less than true happiness. And it will not depend on anything outside ourselves. Like a bee, our mind should seek out the blossoms of good qualities. The bee seeks only those flowers that yield pure honey. We must become a divine bee tasting nothing but the sweetness, the goodness. Let our eye behold only that which is beautiful, so that the ugliness of evil will disappear from our consciousness. By seeking goodness, by being good and affirming good, we see this world as a garden of flowers with fragrance and beauty. Spirituality is a '**school**' for wisdom and character, thereby peace. It is also a '**hospital**' for self control and self improvement thereby

happiness. It teaches us to conserve energy by controlling lust, greed and anger. It thus makes us healthy in body and soul, so that we can laserise our energies on constructive activities. Spirituality is the tool for transforming our weaknesses into strength, our folly into wisdom and our failures into success. The secret of spirituality is '**love and care**'. One who thinks negatively and beholds evil in the world is the enemy of himself and the self acts as the enemy, and he who beholds only goodness is a friend of himself and the self acts as his friend – the Gita says. Therefore, in this world, seek only that which is good, do that which is good. No matter how much we have been entrenched in negative thinking and negative behaviour, those wrong habits can be got rid of when we start picking up good qualities and doing good to others. God is our true father, mother, teacher and guide. No matter if our sins, and our negativities are as deep as the ocean and as high as the mountains, still we are unconquered because we are spirit itself. Therefore, living spirituality is the panacea for all ills in the society. ●

THE JOURNEY OF A DOUBLE-CROWNED KING

■ B.K. Prakash Talathi, Nigeria

Towards evening, my feet measured the slow walk of the dusty track into the sparse and bushy jungle. Suddenly the sky was crowded by coal-black clouds. Like dark birds of prey, the clouds crowded and pushed each other. Encroaching the sky like angry mobsters, they roared tremendously. Within seconds, they eclipsed and shrouded the sky with their black cloak. Visibility was reduced to the immediate surroundings and an eerie blackness spread everywhere.

I rushed hurriedly to the shelter of a nearby tree. Pebbles of rain whipped the jungle and I was left to the mercy of the heavy, stormy, whiplash of water all around. When the fury of the rain became fearsome, a prayer started on my lips. The angry roar of those cloud monsters made my heart miss a few beats. All of a sudden, a sharp bolt of lightening speared through the sky like a platinum sword from one end of the horizon to the other; in the flash, I noticed a small temple

at the verge of ruins. Like a handicapped unfortunate being, it stood over the crutches of the four ramshackle pillars. I crossed and leaped over to the temple. The tattered roof covered the shaky ruins fearfully. The small-walled room was almost unseen but it must have been a sturdy structure in the past.

In the sanctum sanctorum, in front of the Shivalaya stood a nearly dying incense stick. Perhaps, an hour or so must have elapsed since the incense started its life. The hopeful flame of a lamp of ghee (niranjan) was protected from the rains and stormy winds by the walls of the sanctorum like a true brother stands behind his sister. The vision of that forlorn temple and the hope-filled flame in the dark, venomous surroundings filled my eyes with tears; the tears that fall like acid rain remind me of the anger, despair, anguish, rejection, revenge, and suffering in the dark world of the Iron Age. Like the dry, parched earth in hot summer longing for the drizzle of rain, the thirsty bird of my mind longs for the lasting drizzle of happiness.

Every moment, step by step, breath by breath, the heart

remembers the Remover of Sorrow. Life becomes a sentence of suffering wherein the small droppings of momentary and perishable happiness are spread nostalgically and life is spent in their collection and recollection.

In such an anguished life, that Bestower of Happiness showers His mercy in torrents and takes us to His abode, the Shivalaya. From that moment on, Iron Age comes to an end for me and Confluence Age descends on my consciousness. The time of the communion between the Supreme Soul (God) and Soul is the beautiful diamond era. The wax of body-consciousness melts; the bad odour of vices disappears; the entire world is forgotten, the sense of time running-out is also gone. In fact, time too forgets to tick away as it is engrossed in witnessing the loving reunion of 'Atma' and 'Paramatma'. The flame of the lamp (niranjan) lit before the Shivlingam, reminds me of the tiny, point of light-like form of the Supreme Being, my creator, Shiva. There is a very deep realization that I, the soul, also am the child of God Shiva and I, like my father, am a pure tiny point of light, residing in the temple of my body. I now rush into the thousand-rayed arms of my divine Father. I lose myself in

His embrace. Now that I am merged in His love, it is as though we have become one. Nothing else exists for me; my false identity of the past is lost in His loving embrace; we have become combined and inseparable.

When I regain my worldly consciousness, I notice that the face of this world has changed: The rain has reduced to a drizzle as the heavy clouds have scattered and the sun is shinning in its original grace. The game of those lovely sun rays and rain give birth to a beautiful rainbow in the sky; its seven colours spread like the veil of a bride over the face of the sky. Nature looks fresh and clean. There is gaiety all over. The birds are chirping in pleasure, the cattle bellowing in contentment. I take in the fragrance of the freshly wet soil with delight. The trees are heavy with nature's beauty like a pregnant lady. A few moments ago that was the fearful and vicious form of the earth and now, the wonderfully fresh and virgin beauty of nature! That was the dark period of Iron Age and this is the beautiful Golden Age. These moments of trouble and despair are in deep contrast with the cheerful mood of nature. It seems as though a game of happiness and sorrow, pleasure

and pain is being played out.

Surrounding the towering palace is spread a velvet green carpet of verdant meadows. The lake nearby has a family of swans swimming in it; the legendary lion and the lamb are at the same stream quenching their thirst. Faraway, on the other side, the small waterfall seems to be the only live sound giving harmonious background music to this beautiful picture of silence. Bushes of flowers are arranged like bouquets. Like couples in love, the trees bearing fruits whisper sweet nothings to each other.

Then comes the full moon night...the star-spangled skies sprinkle their lights like precious jewels studded on the gown of the lady night. Amongst them stands a brightly shining silvery ball of light. The beautiful light of the moon and stars shines on the leaves and brooks. My thirsty eyes drink in this enticing scene greedily. I am the only live being in this beautiful frame of nature, and my heart and consciousness dance with super-sensuous joy.

Suddenly, faraway, a pain-filled note escapes from somebody's violin cutting this silent fabric of nature and piercing my heart like a double-edged sword. I twitch and suffocate at this pain, in

sympathy with the unknown one who must be suffering more than me. From that beautiful moment of heavenly happiness, I was thrown to a hell of sorrow like Adam and Eve thrown from the Garden of Eden. I fall into to Satan's kingdom. For thousands of years this soul didn't even know the meaning of pain and now is thrown into it. The poor soul drowns and sinks slowly into the swamp of sorrow. From the beautiful silvery night of the Silver Age, I enter the fiery, hot Copper Age.

Those perishable, momentary joys that I crave for bear the odour of vices. My heart begins to search for pleasure in the vices. Lost in pain, I remember the Father who had bestowed Paradise on earth for me. My heart longs for that Remover of Sorrow and Bestower of Happiness but there is no fulfilment.

Blindly, the heart sings hymns to Him. Someone makes an unimaginable idol of Him; some hang a copper pot with a hole on it and drench His image in a mixture of milk and water; still others worship Him with white-tinged non-fragrant flowers, whereas some smear strips of ash on their forehead in His name. They derive meaning behind these rituals and make

scriptures of these. Everyone finds a pure, divine joy in these playful rituals.

Yet, the snake of sensual pleasures bites time and again. At times with an intoxicating beautiful sensual form, at times in a terrifying devilish form, at some occasions pretending false concern and providing temptations, the snake leaves its mark. It draws the veil of false happiness over our eyes. Occasionally we are treated as play things and at other times as slaves. The golden cage of vices and negativity becomes dear to me. As my intellect

becomes bankrupt, I also became ugly sitting on the pyre of lust. I never understand at what point I lose my freedom and sovereignty over the self.

As I drown in the swamp, I experience more pain and minuscule bits of happiness on the way. As the end draws near, the skies of my mind get crowded with black, worrisome clouds. Once again, the heart develops tortured cracks like the burnt earth. Desperate for a drizzle of happiness, I gaze at the sky like a thirsty 'chatrak' bird. I once again remember the Destroyer of Obstacles and

how one fateful evening He adopted me at the temple, which is where the whole story started. Once again the soul-child meets God, the Father and joy is borne again. Once again, I, the soul, start my journey towards the happiness of a regal paradise. Walking on the path with Him as my guide, I become the self-sovereign again...

This is your story and my story – a journey that takes us within and beyond...

*(translated into English by
B.K. Aarti (Nigeria))*

Awareness programme for the Ministers and MLAs of Kerala – (25th July 2005)

PROGRAMMES FOR HEALTHY HEART

The programme attended by 103 MLAs, 3 Ministers and the Honourable Speaker was held at the auditorium attached to the Legislation Complex, Thiruvananthapuram. Some of the Secretaries to the Govt., senior officers of Health Deptt. and those of the Legislative Secretariat also attended.

The inaugural session was presided over by the Honourable Speaker Sri. Therambil Ramakrishnan. Health Minister Sri. K. K. Ramachandran welcomed the assembly.

In the inaugural speech, the Honourable speaker emphasized that the changes in life style and increase in stress were the main reasons for heart diseases. He added that leading a more disciplined life by practising Rajyoga could be more helpful in reducing the stress and strain especially to Ministers and MLAs.

Dr. Satish Gupta, eminent Cardiologist from

Brahmakumaris Global Hospital, Mount Abu, emphasized that without spending even a single paise, the concept of user friendly life style will be a boon to those suffering from the disease. Rajyoga meditation for a short spell was conducted by B.K. Sis. Minni.

The Honourable Speaker and the Minister for Health appreciated the programme. There was a wide coverage of the programme by both electronic and print media.

Before it, two programmes were also arranged on 23rd and 24th July. One programme was arranged for Cardiologists and specialist doctors, with the association of Sh. Chitra Thirunal Institute of Medical Science and Technology. The other programme was held for 320 selected heart patient at VJT Hall. Asianet cable T.V., among others covered the programme.

MIND AND MEDITATION

■ B. K. Kavita, New Delhi

Many philosophers, psychologists and saints suggest the practice of meditation for development of the mind. A simple critical analysis of our mental condition is not helpful on its own - so what is the process of development?

Process of Self-Discipline

Some shudder at the idea of self-discipline since they understand it to be a restraint on self-expression. But this is not true. We all struggle to be at our best, to reach the highest goal. If we look at our lives carefully, we are not always satisfied with it. There is always some kind of self-criticism because we create standards that we are unable to live up to; there is a rift between our power of judgment and our actual living, between our rational life and our emotional life. Self-discipline helps to align and balance our emotional life with our rational life; it teaches us how to direct all our energies towards the realization of the ideal. It shows us how to use our inner spiritual powers to the fullest in order to live a successful and peaceful life. Self-discipline directs our thinking from the lower to the

higher values. This does not mean that we are suppressing ourselves, but in fact saving our mental energies for something more permanent rather than wasting them on transient and temporary attainments.

We learn to be true to ourselves. Inimical forces have entrenched themselves on our ground; occasionally we succumb to them and think they are our allies but our best friend is indeed our real inner self. The more we tap into our inner energies using self-discipline the mind becomes purer and more refined.

Meditation

The mind is empowered by the process of meditation. Contemplation on our true spiritual self, as being a point of divine energy, and then on the Supreme Source of Power, Love, Wisdom and all that is pure and positive- God, the Supreme Soul – enables us to draw infinite strength to adopt divine virtues and powers.

Meditation heightens our consciousness; previously, we used to think we were mortal beings subject to birth, growth, decay and death and that our powers were limited etc. We associated ourselves constantly with this physical body and limited physical attainments.

But meditation on the spiritual self has expanded our thinking, attitude and awareness. The mind is known better because of which it cannot play tricks anymore. The mind, under the influence of negative sanskars etc, used to deceive us before but now we understand how it works.

The practice of meditation develops our power of concentration and introspection. The mind is taught to think positively, slowly and in an unlimited manner. Being detached from one's environment or the situation allows you to see other perspectives and to notice subtle obstacles that could be thwarting progress. Self-awareness is the secret behind disciplining the mind and body.

The power of meditation works as a source of enlightenment, wisdom and strength. To achieve anything in life, one must have a clear, decisive and focused mind. Tremendous energy is frittered away through lack of concentration; therefore, pay attention. There is a saying: "If you lose a little money or a bit of time you regret it; but how much mental energy do you waste every moment by not having the power to fasten the mind to a particular object or situation etc as you wish, or because you cannot detach the mind from

what you want it to be detached from? You are losing energy constantly because of this".

Concentration – the Conservation of Energy

The practice of meditation develops the power of concentration, a great source of knowledge. Whatever knowledge you acquire, you do it through concentration; it is also a means of conserving energy.

Concentration power also develops in us the power of detachment. When we are attracted to something, find something interesting or are attached to someone, we can easily focus our attention in that direction. It happens automatically but in reality that concentration is not within our power; the mind is moving out of habit (that may be in a negative direction). True concentration is the ability to tell the mind where to focus, what to think, how to act etc. Many times, we are engulfed in worries and our mind is drawn helplessly towards the source of our sorrow. At such times, detachment and then concentration on what is necessary for our well-being is needed.

Through the practice of concentration of the mind these important powers of attachment and detachment are developed.

The Brahma Kumaris Spiritual Organisation has developed several courses on the development of the mind and human personality, some of them are:

- ▶ **Living Values – An Educational Programme**
- ▶ **Self Development Leadership**
- ▶ **Stress Management and Right Thinking**
- ▶ **Personality Development and Positive Change in Life (For youth)**
- ▶ **The Art of Happy Living**
- ▶ **The Eight Powers of the Spiritual Traveller**
- ▶ **Values for a Successful Life**

Subduing the mind and thoughts can be very harmful. It is important to respect the mind as it is a powerful faculty of the human soul and learn to use it well.

RAKHI – THE PLEDGE OF PURITY

Supreme Soul God Father Shiva, who is the father of all human souls, descends on this world stage to reveal the truth about Himself (the Creator) and His Creation and also teaches Rajyoga – (establishing linkage between Soul and Supreme Soul). At the same time He stresses the significance and value of complete purity in thought, word and deed which is the foundation of His New creation called the deity world or the Golden Age. With this object in view, He calls upon human souls to take the vow of practising purity in life – (to lead lotus-like life) to attain deity status. Responding to the call, a group of human souls take the pledge of purity. This includes females also who, in turn, inspire others to do so. Vices are compared to 'vish' (poison)

■ B.K. Bhagwan, Shantivan

and the pledge is to abstain from the corrupt influence of five vices – lust, anger, greed, attachment and ego and their allies. Hence this pledge taking is called 'vish todak parva'. Tying a thread is simply symbolic; to commemorate this pledge taking historic event of Purushottam Sangam Yuga, Rakhi festival is celebrated every year since the advent of Dwapur Yuga (Copper Age). So the time calls upon humanity to wake up and respond to the call of practising purity, and this is possible only by learning Rajyoga and receiving spiritual knowledge given by God, the ocean of knowledge eulogized as embodiment of truth. God Shiva is performing this divine act through Prajapita Brahma.

(Translated by B.K. Varad Pande, Nagpur)

EXPERIENCES WITH GOD IN MY STUDENT LIFE

(Continued from July 2005)

■ B.K. Nandan Prabhu, Hyderabad

Another very important aspect of my academic success is purity of food. Other than my grandparents, my parents as well as my younger sister are all following this spiritual path. I have been very fortunate that I have had "Brahma Bhojan" every day of my life. Our house in Bangalore is named "Madhuban" and as in Madhuban (International HQ of the Brahma Kumaris, Mount Abu), food is prepared in God's remembrance and offered to Him everyday.

The food cooked in Baba's remembrance plays a vital role in controlling our mind. Consuming *sattvik*, pure food, in His remembrance helps one concentrate better and have a calm and stable mind even under adverse circumstances.

Here is an instance of how "Brahma Bhojan" helped me: I used to participate in shot put events both in school and college. Physically I am a person of ordinary built and I have never visited the gym nor

done any physical exercises to build my muscles. I just remember the Almighty Father before every throw and it is His remembrance, coupled with the power of Brahma Bhojan that have helped me secure gold medals every year in school, at sports events around Bangalore and once even in college.

Once in the prize-distribution function at the University, the dignitary awarding the gold medal for 1st place stood and blinked at me for a few seconds; he was surprised to see me, an ordinary-built boy, standing at No.1 position on the Victory Stand with hefty, burly men standing on either side of me! How were they to know that the trick was in the technique of throwing the put in Baba's remembrance and having Brahma Bhojan everyday!

I have also been fortunate to get opportunities to do Godly service in Madhuban. Just before the commencement of my final year in Engineering, I had two weeks off between semesters. The day after I finished my

semester exams, I received a call from the Spiritual Application and Research Centre (SpARC) office, Gyan Sarovar, inviting me to assist in Godly service for a coming event.

My parents sent me packing, saying "Baba is calling you for service". I found myself in Gyan Sarovar after a 2-day train journey, involved in *seva* almost round the clock, meeting dead-lines and taking catnaps in between for a couple of hours. The return Baba gives to His helpers is immense. Although the *seva* was hectic, I was totally relaxed and calm and did not feel any strain at all. Two weeks flew by like two days and were used most productively as programmed by the programmer of all souls, Baba. It gave me full contentment and I experienced Baba giving me more attainments than I needed. All that I had to do was to put in my efforts as an instrument. My projects, assignments etc. in the final semester went off successfully and to perfection, being hand-in-hand with Baba.

Microsoft officers came to our engineering college for campus recruitment for the first time (hitherto they visited only the I.I.T.s) and ended up selecting me. Isn't it a wonder of Baba?

I have written my
...Contd. on page No. 17

FACE-TO-FACE AS FRIENDS

(Continued from July 2005 issue)

— Jose David, Kochi

At home, I told my wife about what was happening in my heart. She too worked in a media house and looked after the affairs of our household. She always spoke with wisdom and faithful instructions. We used to get up early, while it was still dark, to have rosary to Virgin Mary and attend morning masses. I shared with her my new explorations. It was incredible for her to hear that God was visible to us, particularly to smaller ones like us.

“But”, I said, “The Lord does not look at things the way man looks at. Man looks at the outward appearance but Lord looks at the heart because He is our father.”

She said, “Our scriptures have said that no one has ever seen the Father except Christ, the one who came from Him.”

I asked, “But haven’t you read how Lord came down in a pillar of cloud and stood at the entrance of the Tent of Israelites to summon Aron? He said, “Listen to my words:

When a prophet of the Lord is among you; to one I appear in a vision, to another I reveal my thoughts in a dream. Moses is not my servant in such terms as these; I entrust him with the management of all my household, speak with him face to face, and when he has sight of the Lord, it is not by the means of parable and image. He sees the form of the Lord (Numbers 12: 6-8).

“The form of the Lord! What form?”, she queried.

“Perhaps the same form Moses saw when he was tending the flock in the desert of Egypt, when he came to Horeb, the mountain of God,” said I. “There, the Lord revealed Himself through a flame that rose up from the bush; it seemed that the bush was alight yet it did not burn. “Here is a great sight”, said Moses, “I must go up and see more of it, a bush that does not waste by burning.” But now as he saw him coming to look closer, the Lord called him from the midst of the bush, “Moses, Moses.” When he answered, ‘I

am here at your command’, he was told, ‘Do not come nearer; rather take the shoes from thy feet, thou art standing on holy ground.’ (Exodus 3:1-5). In the Book of Job, he too says that his eyes have seen the Lord. He is light.”

“Yes,” she said, “Moses and Job could, because they were prophets, but how could we?”

“The Lord would speak to Moses face to face, as a man speaks with his friend,” said I. “Perhaps He is pleased with us too and knows us by name!”

“Knows us by name! We impure sinners!” she said.

“No,” I said. “He says He is making us pure and that we are holy as He moves around in among us.”

“Oh! He moves around! So can He walk?” she enjoyed a joke.

“Why not, Adam and his woman heard His sound in the garden as He was walking in the cool of the day, isn’t it? Then He can walk, talk, eat, teach, sing and play with us.” I told her about Dada Lekhraj, a precious stone merchant, about the yagna, about how the Lord took his body as loan, how He spoke to him face to face as friends do...

“Look,” she was on top of her voice, warning me like a Sunday school teacher, ‘Moses has warned us against

worshiping other gods. Did Jesus not tell us to watch out that no one deceives us? Many will come in His name, claiming 'I am he,' and will deceive many. So let us be on guard against false prophets..."

I kept silent. I thought she had read my inner thoughts. In Baba's room, I was really afraid to look at the face of Brahma Baba. The Big Baba was O.K with me. I had learned to love Him from early childhood. But this Baba, however, seemed alien to me. I desired to hide away from him in secret. Every time, I tried to reconcile with him, my repulsion was severe.

"Listen", she continued, "perhaps the Lord is putting us to test to find out whether we hold fast to him."

"Yes, we do hold fast," said I. "Why should he put us to test when we love Him with all our heart and soul. We are too weak to withstand His test. If holding fast to our Lord, our God is a sin, let it be a cardinal sin."

I further read out to her Moses' prophesy about a prophet. He was then a hundred and twenty years old and no longer able to lead his people. Moses said, "The Lord, your God, will raise up for you a prophet like me from among your own brothers. You must listen to him. For this is what you asked of the Lord, your

God at Horeb on the day of the assembly when you said, Let us not hear the voice of the Lord our God nor see this great fire any more, or we will die."

The Lord said to me: what they say is good. I will raise up a prophet like you from among their brothers; I will put my words in his mouth, and he will tell them everything I command him. If anyone doesn't listen to my words that the prophet speaks in my name, I myself will call him to account. But a prophet who presumes to speak in my name anything I have not commanded him to say, or a prophet who speaks in the name of other gods, must be put to death."

You may say to yourselves, "How can we know when a message has not been spoken by the Lord? If what a prophet proclaims in the name of the Lord does not take place or come true, that is a message the Lord has not spoken. The prophet has spoken presumptuously. Do not be afraid of him. (Deuteronomy 18:15-22)

"So God has permitted us to hear and judge," said I, "If it does not take place or come true, we are sure to know that the Lord has not spoken it. First come and hear."

She came, along with our daughter, and she was

convinced.

An invitation was extended to us to attend a National Media Conference at Shantivan. We reached the serene foothills of Mount Abu in September 2003. I met B.K. Brother Karuna, Vice Chairperson of the Media Wing, with whom I could develop deep love, perhaps due to his journalistic background. I put forth, though reluctantly, that disturbing question which had been haunting me for some time now:

"Why, brother, that projected picture of Brahma Baba? Could it not stoop down to the level of personification?"

I hesitated to look straight at his face, thinking that by posing a foolish question, I was cutting a sorry figure before him. But he was calm, as if he was expecting from me that question.

"Brother," he asked, "What is wrong in keeping our founder father's picture at home? In body, he was before us. But now he is the Avyakt Angel, combined with the Father, and we are just following him."

"But, still," I wanted to interrupt.

"Brother," he continued, "I have closely been associated with him for eight years. We have come across many great pathfinders in history, through hearsay or books and

knowledge; we do adore them. But I have seen with my very eyes how perfect a man walked ahead of us. No other human being has ever walked in front of us with such perfection, so detached with total renunciation and full of mercy. In the limits of life he had attained a perfect *karmateet (immune to the result of the actions)* stage."

"Yes, Yes", I grew enthusiastic. So many of our ancient saints did life-long *tapasya* in deep forests to attain perfection but none succeeded, and here I was listening to an eyewitness about Brahma Baba and I was thrilled. "Tell me more about him," I urged Karunabhai on.

"When Baba used to sit on the *gaddi*, Baba was not the ordinary man we used to see normally. He would sit straight and firm, and Godly words poured out of his mouth so swift and uninterrupted as if it came from a fountain.

"Shiv Baba was really setting an example for the world through Brahma Baba. He was showing us that if one man could make it others also could," he continued. "Moreover, He says to His children: You can go ahead of the father because even in the memorials, the father is worshipped in a *single* form, while you children are worshipped in a *double* form."

I thought, if Baba had selected someone as His chariot, we could raise the question, 'why he?' This could be asked about anyone from among the 650-crore persons in the world. The Lord desired so, so is His wish. When he called, Moses was a man of little eloquence, and before the Lord he was more faltering, more tongue-tied than ever. Moses prayed for patience. Why, the Lord said to him, 'Who was it that fashioned man's mouth? Who is it that makes a man dumb or deaf, clear-sighted or blind, if not I? Go as you are bidden; I will speak with your mouth, telling you what words to utter.'

I was faint with love for my father, the Adi Dev. He reached down from heights without flaws and took hold of us. His delight was in Baba and on Him he meditated day and night. He was like a tree planted by streams of water where humanity could take refuge.

I walked in the fragrance of

....contd. from page No. 14

experiences keeping in mind the B.K. brothers and sisters who are pursuing both their physical and spiritual studies. I would like to assure all that Raja-Yoga Meditation is in fact the strong foundation for performing well in life and very essential in tackling day-to-day problems since it effectively empowers us.

Always keep Baba by your side; this is the simplest, easiest and the best way to succeed.
Baba's forever...

(Concluded)

Pandav Bhavan, just to be in the cool vibrations spread over there. It was homecoming of a lost son. For my father, this son was dead and was alive again. In his little hut I sat in silent meditation: "Who is this that appears like the dawn, fair as the moon, bright as the sun, majestic as the stars in procession?"

In this season, we three celebrated our first joyous *Milan (meeting)* with Bapdada. I was nervous. O, Baba, all the days ordained for me were written in Your book, before one of them came to be. But I was amazed at seeing Him. The maker of heaven and earth came down, as a simple, down-to-earth person and spoke to me face to face, as a man speaks to his friend...

"Search me, O Baba, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

(Concluded)



READERS' FORUM



I am a regular reader of both The World Renewal and Gyanamrit. I find a vast change in previous issues and those published nowadays. Every article is giving energy and enthusiasm. My humble request is that very good and important articles written by Dr. Satish Gupta and B.K. Sis. Hansa Rawal, published in Gyanamrit be published in English so that many people of Tamilnadu and other non-Hindi speaking areas who do not know Hindi, may take benefit from such articles.

— B. K. Balaji, Pudukottai, Tamilnadu.

I have been a regular reader of The World Renewal for so many years. It fulfils my spiritual thirst as I cannot read Bap-Dada's Murli. Specially Editorial and some of the articles also are very interesting, knowledgeable and scientific, particularly Bro. Nityanand's "Eternal World Drama". One of my requests to you is to publish articles of back issues so that the new members can benefit.

I heartily congratulate all the writers and staff members of "The World Renewal" magazine who actively participate and above all Bap-Dada.

**B.K. Ujjwal, Accountant General Office,
Manipur, Imphal – 795001**

I have been an enthusiastic reader of The World Renewal for more than 20 years. In the year 1985,

Sister B.K. Annapoorna of BKs. Coimbatore centre gave me a copy of your spiritual magazine and asked me to read it at my leisure. As a vociferous reader of writings on psychology, philosophy and spirituality, I instantly started reading the magazine. It was a delightful, enriching and enlightening experience to read it. Immediately I sought to read its old issues. Spiritual friends B. K. Loganathan, Sanjeevi and Kumarasamy gave me the old issues and I am very happy to say that I have read the very early issues of your magazine from the year 1973 or so. Then also B.K. Nirwair used to write pithy and enriching editorials. Later most of the editorials, works and articles of late B.K. Jagdish Chander Hassija would first be published in The World Renewal before getting published in the form of separate books. As most of the spiritual community is aware, knowledge and wisdom embedded in those articles were beyond description and they were capable of transforming the society at large.

'Godly Service News' is really a wonderful column which I used to read with spiritual zeal. Happiness breeds from within, knowing that our fellow brothers and sisters of the unique organization of Brahma Kumaris carry out both Godly Service and Service to Humanity heart and soul. The current editorials by B.K. Nirwair reflect altruistic concern for total humanity and cover a variety of social problems and their plausible solutions through spirituality.

Kudos to Associate Editor B.K. Ranjit Fuliya for bringing out a fascinating and lively interview with Robin Ramsay, Australian actor, director and playwright (May and June 2005 issues). Robin's views that the propensities or *sanskars* of happiness need to be imbibed now in this Confluence Age and that Rajyoga is the secret to find happiness, are worthy of adherence by spiritual people all over the

world. So thanks and hearty congratulations to B.K.Ranjit for his excellent work and such works must find place every now and then in the forthcoming issues.

Special mention must be made about the personal experience of journalist Jose David, Kochi (Face to Face as Friends, May-July 2005). Earlier you published an experience titled '**From Christ to God Shiva**' (April 1989 and May 1989 issues) by B.K. Peter Iveson, London. This experience was translated in Hindi by B.K. Ranjit and published in Gyanamrit (December 1990 to March 1991 issues). These two articles, along the same line, are an example of inter-religious and cross-cultural harmony and put forth the supremacy of Godly Knowledge in nutshell.

B.K. Surendran, who has been writing from the early nineties on self-development, also contributes worthy articles. B.K.Nityanand's spirituo-scientific articles are laudable too.

As I personally know, you nurture and encourage writers from all parts of the world, with encompassing love and total patronage. Words cannot adequately express all the greatness of The World Renewal. A separate book often encyclopedic in size has to be published to praise the services rendered by you, your team of editors and committed writers scattered throughout the world. Naturally, all the reading world salutes you in gratitude from the bottom of the heart. As the title of the magazine rightly implies, The renewal of this old world and re-establishment of Golden Aged World is in the offing. That day is just round the corner.

— **Kalidass Ayyaswami, M.Sc.,
Coimbatore**

While reading the magazine "The World

Renewal", I came across Students' Column published from the month of June 2005. Really it is a praiseworthy step. It is educative and will benefit students and others readers. Further, I suggest for insertion of a Health Column in the magazine. I hope, this will be of great assistance for gaining knowledge on good health, disease and its healings.

— **B.K. Arun Kumar Mishra, Bargarh (Orissa)**

Note: As per popular demand, priority will be given to the articles on Health in the coming issues of the THE WORLD RENEWAL very soon. Please read one article on Health at page No. 20 in this issue.

— **Editor**

TO OUR ESTEEMED READERS

We thank our readers for their overwhelming response to our column Readers' Forum.

We eagerly await your opinions and suggestions. Your suggestions would definitely inspire us to make each new issue a better one. Please send your letters alongwith complete name and full postal address/e-mail, to :

Readers' Forum,
‘The World Renewal’,
Gyanamrit Bhawan, Shantivan,
Abu Road-307510,
Rajasthan (INDIA),
e-mail: theworldrenewal@yahoo.co.in

OPPOSITION

Men often oppose a thing merely because they have had no agency in planning it, or because it may have been planned by those whom they dislike.

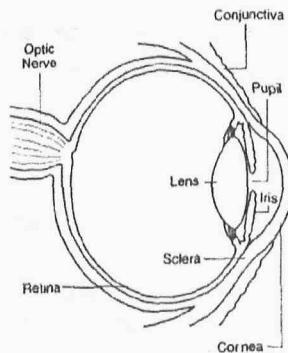
— **ALEXANDER HAMILTON,
The Federalist**

APPROACHING CATARACT – A SIMPLE WAY

■ B.K. Dr. Kishore Vatwani

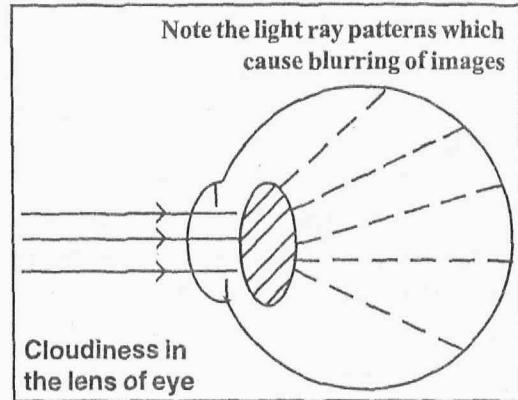
We present hereunder some questions frequently asked by patients in our institute (Global Hospital Institute of Ophthalmology). These are the questions related to the most prevalent yet fully curable, cause of blindness – “CATARACT”.

What is Cataract? How does Cataract reduce vision or make things look hazy?



mediums (layers) of eye and ultimately converge sharply onto retina (inside layer of eye). The

ANS. For anything in our surroundings to be seen clearly, the light which is reflecting from a particular object should enter through different transparent



vitreous. Any opacification (clouding) in any medium would hinder the light to go inside, leading to loss of vision. Hence, the objects that we see, look blurred. Opacification of lens is known as ‘cataract’. So obviously, there would be hazy vision in cataract.

What are the causes of cataract?

ANS. Usually ageing, which may be hastened (accelerated) by use of certain drugs like steroid; radiation; stress, ultra-violet light; diabetes; trauma etc. Incidence of cataract is doubled in cigarette smokers.

Cataract may also be developmental or congenital (i.e. since birth or early age).

What are the options for treatment of cataract?

ANS. Presently, the only option for cataract treatment is “surgery”. There is no medicine for removal of cataract. After a simple cataract surgery under local anaesthesia, a non-seeing eye can see properly within few hours. (Provided the retina is healthy).

different mediums (layers) through which light passes in the eye are cornea, aqueous, lens and

When is it appropriate to undergo cataract surgery?

ANS. Gone are the days, when we waited for the cataract to become ripe (mature). In fact, it is quite dangerous to wait till the cataract becomes mature. Whenever anyone is unsatisfied with the vision or is facing appreciable difficulty to carry out day-to-day activities, should undergo cataract operation. With the facility of modern good microscopes, cataract surgery is safer and simpler to do in immature ones.

Is operation essential for cataract treatment? Can a person stay forever without getting cataract surgery done?

ANS. Surgery is the only and the last option for cataract. In fact if a person does not undergo cataract surgery, there are chances that the cataract may become "over-ripe" (hyper mature) and lead to severe complications. So it is always safer to get a cataract operated whenever the person feels uncomfortable to carry out day to day activities. Once the cataract becomes over ripe, the chances of gaining back vision is remote even after surgery and the eye may permanently remain red and painful.

When can I go back to work after cataract surgery?

ANS. With the advent of modern microscopic surgeries involving very small incisions and

foldable IOLs (intraocular lenses), a person can go back to work within a week—provided he doesn't have to carry very heavy weights.

What is IOL? Is it necessary to insert IOL during surgery?

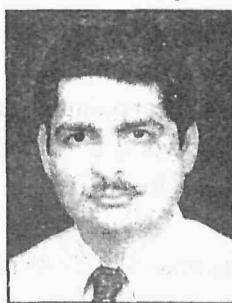
ANS. Now a days, almost nowhere in the world is cataract surgery done without IOL. IOL means Intraocular lens – which means that in the place of natural lens (which becomes cloudy in cataract), an artificial permanent lens is placed at a very low cost. IOL gives back the original undistorted vision the very next day which is impossible without IOL. Cataract surgery with IOL insertion is safe even in very small children. There are modern instruments (Biometry) to calculate artificial lens power accurately before implantation.

Is there any role of meditation in preventing eye diseases?

ANS. Surely, In fact now more and more modern scientists are linking disease processes to stressful life (stressful life leads to accumulation of harmful radical oxidants within the body). Cataract, Glaucoma, retinal diseases – all are also related to stress. That is why the incidence of cataract has risen so much in recent past. Rajyoga, as we all know, is the key answer to eliminate stress in life. For details of Rajyoga meditation please contact local Brahmakumaris center.

For further details, please contact:

Dr. Kishore Vatwani,
M.S. (Ophth.) Gold Medalist
Fellow (Shankar Netralaya)
Consultant Ophthalmologist
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STUDENTS' COLUMN



SANITATION

Sanitation is one of the vital requirements for growth. Sanitation means satisfactory habits in personal hygiene.

Lack of proper sanitation in the densely populated areas has become one of the most pressing problems. The lack of privacy in toilet facilities is in particular, a serious problem for the women folk, old, infirm and children. The public defecation in the open is the source of inconvenience and hardship and the cause of filth and disease. This results in the pollution of food and water, which is detrimental to public health.

The root cause of this is poor socio-economic conditions and ignorance about the proper sanitation facilities.

But, for environmental sanitation, spiritual sanitation is required. When we learn Rajyoga, the soul which has become impure, regains its original virtues of cleanliness, purity etc. Liberating the self from the bondage of vices is

called spiritual sanitation. And with spiritual sanitation the environmental sanitation will naturally follow.

—B.K. Vikash, V.D. College,
Jeypore, Orissa

PEACE

In the present times, we can realize the devastating and dissenting atmosphere around us. Western life style of people has led to an increase in day-to-day expenses. People are spending their money for buying material comforts but there is no peace and contentment in their lives. In these hard situations we can see that peace has gone out of the human life and it has been replaced by stress and tension. Now, there is a great need of peace and love in this world.

Let's take an example of flowers. They too live in this peaceful environment. They also have to bear pollution and decay of the world, but they are externally beautiful and fragrant.

We are also like flowers —

spiritual flowers of the garden of God. In this big world, we too have to bear the situations and circumstances in life. But it doesn't mean that we lose faith in God and become peaceless. We are expected to live in our natural state of peace and spread our fragrance all around us.

—B.K. Nancy Chauhan,
B. Com. (1st Year),
NEW DELHI

STUDENTS

The word Student— is very important which consists of seven letters. Every letter creates a separate word and meanings thereof are very essential in student life. These are: S=Simplicity, T=Tolerance, U=Unity, D=Discipline, E=Enthusiasm, N=Novelty and T=Truth.

Students should adopt those qualities in order to acquire proper knowledge and to be a good citizen. Students are future leaders of the country as by dint of their perseverance they will become able administrators, doctors, engineers etc. and bring glory to the nation.

— B.K. Arun, Bargarh,
ORISSA

THE EXPERIENCE OF AN AMATEUR

The trembling leaves, the pleasant breeze
The stable cooling air,
Reminiscent of the golden climate
And the divine protective care.

Dash of light from the horizon
Encircled in crimson hue,
Happiness and bliss, the Nature's fare
And of God's love so very true.

Stark images, the gory guilt of sin
All seem to die out in the flow
Free from trouble, free from din,
My countenance seems to glow.

Cascading falls of powerful rays
So the delight of my heart.
Pours out love, vanquishes every stain
Makes me aware of my part.

Silence twirling beckons me here
Out of the chaos of nostalgia
Remembrance of things past and forgotten
Replaced by thoughts of God Shiva.

Wonderful is drama, delightful my part,
My heart gives an encore
Weaknesses and grievances with power I thwart.
Opens the locked intellect's door.

Now, here am I with my inward eye
Dwelling upon this lush-green sylvan place
Come, my brother angels, be ready to fly
And leave the burdens without a trace.

— B.K. Brendon, BSc.IT (IIInd Year),
Shantivan

SUCCESS

He who would succeed must arm himself with three vital and most necessary weapons. First, he must have ceaseless industry: second, he must have limitless ambition of purpose: third, he must possess unquenchable enthusiasm, coupled with a determination to succeed. Given these three, and something else beside—the gift of imagination—and it matters not, I believe, whether the life of a man begins in a cobbler's shop or grocery store, or whether it begins in such an illuminating joyfulness in beautiful things as that which brightened my early child-hood. With any beginning, success will, of a surety, be his who makes himself truly deserving of it.

— HOWARD PYLE

Good News for Students!!!

We thank students for their overwhelming response to "Students' Column". Please send your articles/poems etc. on the topics: Role of Values in Life, Co-operation, Inter-Religious Harmony, Role of Information Technology in Creating a Better World, Cultural Heritage of India, World as a Family, Positive Thinking, Peace, Universal Harmony and Human Values etc., with complete name and full postal address/e-mail, to:

Students' Column,
‘The World Renewal’,
Gyanamrit Bhawan, Shantivan,
Abu Road-307510, Rajasthan (INDIA),
e-mail: theworldrenewal@yahoo.co.in

ETERNAL WORLD DRAMA-

The Eternal Interplay of Physical and Metaphysical Energies – XXI

Contd... from July 2005 issue

■ B.K. Nityanand, B.K. Colony,
Abu Road

We have seen from the foregoing discussions that the humanity is passing through a very important transitional period. This period is called 'the Auspicious Confluence Age' or 'Purushatam Sangam Yuga', wherein the metamorphosis of the human being to a divine being is under way. We have discussed about how some of the self-esteem bestowed by God Shiva through Prajapita Brahma help in hastening this process. We shall now discuss about certain phrases often repeated by the incorporeal Supreme Father through His corporeal medium, as these too help in hastening our metamorphosis into divine beings.

AHAM SO, SO AHAM

These key words mean – 'I was originally a deity and so will I be again'. It further reminds me of the different stages of evolution through the entire cycle of Eternal World Drama (EWD)*. Through this Key

phrase God has revealed the different 'Varnas' or classes of human beings through different ages of the EWD. In the Golden Age we were deities – gods and goddesses (*Devtas* and *Devis*), in the Silver Age we were 'Kshatriyas', in the Copper Age we were 'Vaishyas', in the Iron Age we became 'Shudras', and in the Confluence Age we become 'Brahmins' – the mouth born daughters and sons of Prajapita Brahma called Brahma Kumaris and Brahma Kumars respectively. During the Confluence Age, the transitional period between Iron Age and Golden Age God Shiva, the Supreme Teacher imparts Godly knowledge. Based on this knowledge His Children practise Rajyoga that brings about the evolution of their consciousness leading to the transformation from human beings to the divine beings. For this purpose incorporeal God Shiva has established the Godly University – 'Prajapita Brahma Kumaris Ishwariya Vishwa

Vidyalaya' through His corporeal medium Prajapita Brahma. The aim and object of the university is to transform human being to a divine being symbolized by Shri Lakshmi and Shri Narayan, the World Sovereigns in the Golden Age. The curriculum of this university includes four main subjects – *Gyan, Yoga, Dharana* and *Seva*. This curriculum enables us to realize the popular saying in India – "Nar Aisa karam Kare jo Nar Se Shri Narayan Bane; Nari Aisa karam kare jo Nari se Shri Lakshmi Bane". We shall now discuss about the four subjects.

GYAN OR GODLY KNOWLEDGE

Godly knowledge is so profound as it deals with subjects like the self or Soul, the Supreme Soul or God, His divine form, divine acts, His divine attributes and so on. It further reveals the secrets of this creation as the eternal interplay of physical and metaphysical energies, in other words, the details of this eternal world drama which repeats itself every 5000 years. It further reveals the law of karma or cause and effect based on which the 'drama' goes on eternally. This profound information is served to the seekers in such simple and attractive manner, that the seeker is able to consume the

*Please see part VIII in July 2004 issue for details on EWD.

whole course in seven hours in seven days as if he is being treated to a sumptuous feast. It is the magic of the Supreme Intellect that such profound truth is served in such tasty dishes that even the simple, uneducated village folk as well as great scholars can consume them with relish, digest them and assimilate them irrespective of their age, education, social or economic status, caste, creed, race, faith, nationality and both macro and micro belief systems. This seven day capsule-called seven day course is the introductory course that enables you to enroll yourself as a regular student of the Godly University. This course can be had even at a remote village in India where the smallest branch of this great institution functions under the name – ‘Gita Pathashala’, where usually a couple following the Rajyoga (RY) way of life conduct the class. Once you complete the seven day course successfully, you are equipped with the whole set of preliminary information required to practise RY meditation, and also to understand the ‘Murli’ which is the daily discourse on Godly versions.

RAJYOGA MEDITATION

During the 7- day course you get practical experience of RY

meditation which is an art of creating positive thoughts sequentially enabling you to transcend the different realms of the cosmos or *Brahma and* and reach the soul world using the faculties of mind and intellect. You are now in the presence of the Supreme Soul, your Supreme Father, Supreme Teacher and Supreme Preceptor, experiencing basic attributes of the Supreme Soul and the Souls – bliss, knowledge, peace, love, joy, purity and power. All these attributes being metaphysical energies, can be linked to the seven hues of the VIBGYOR in the same order. This linking will facilitate, the process of visualization of each attribute. In the practice of RY meditation it is useful to start with physical and mental relaxation, then contemplation about the self, then transcending the self using the faculties of mind and intellect from the physical (corporeal) world to the incorporeal soul world. Once you reach that realm, you can experience the seven attributes of the Supreme through the processes of visualization and perception, share them with fellow souls through the processes of reception and distribution (Pl. see part VI, May 2004 issue for details).

DHARANA OR INGULCATION

This part of the curriculum is very vital in transforming the self from its present degraded condition of a human being to the original elevated condition of a divine being like Shri Lakshmi and Shri Narayan. This means, you become an embodiment of the seven basic attributes mentioned above. When the basic attributes are re-established, your consciousness about the self changes, i.e., you are able to stay in Soul-Consciousness continually which leads to God-Consciousness and Cosmic-Consciousness. Once your consciousness transforms in this manner, you are expanding your consciousness from personal to transpersonal or from unitive to cosmic realm. God Shiva explains this profound change using the very simple Hindi words—**Had** and **Behad** which literally mean-limited and unlimited. When you stabilize the self in the basic attributes, the secondary qualities called virtues become visible in you automatically. The tertiary qualities called values are in fact the virtues in action as they come into play when you interact with others. The interconnectedness of the self (soul) – the mind – the body – the relationship—the society and

environment have already been discussed in part XIV, January 2005 issue.

SEWA OR SPIRITUAL SERVICE

The spiritual knowledge and the personal experiences gained through the first three subjects are shared with the fellow souls through personal contact, through collective contacts as in Fairs and exhibitions, rallies or yatras, campaigns for different sectors of society like youth and women; through institutional programmes like seminars, conferences, meditation camps; through Radio and T.V. programmes, print media, helpline, and of course through internet. Different professional

groups are served through different wings of the Rajyoga Education and Research Foundation. There is a special research group called SpARC, i.e., the Spiritual Application Research Centre which initiates and executes in-depth studies on various aspects of spiritual knowledge spanning all the four subjects of the curriculum.

It may be relevant to quote Dr. Deepak Chopra who addressed a gathering of medical and other professionals on January 06, 2005 at the Academy for a Better World, Gyan Sarovar, Mount Abu, India, regarding human consciousness. He said – "In my knowledge, the most

profound information about consciousness and its functioning is in the 'Yog Vasishth' wherein Vasishth teaches about consciousness to Ram... Vashisht's teaching about incarnations of God is a beautiful metaphor for all of us. It is that, every one has the divinity within, but we have forgotten. The key to that divinity is to remember. The remembrance comes through 'Satsang – Good Company', 'Seva – Service,' and 'Simiran – Remembrance of God'...."

In the forthcoming part we shall continue with the discussions on human consciousness.

TANZANIA AND KENYA

Health Awareness Programmes

B.K. Dr. Girish Patel, noted psychotherapist and Organizing Secretary of Medical Wing, Rajyoga Education and Research Foundation, was invited to Tanzania and Kenya recently to give lectures and conduct various seminars and workshops for two weeks.

He conducted more than twenty five seminars for corporate, businessmen, executives, doctors and common people. The beneficiary organisations included: Aluminium Africa, Sumaria group of companies, Softtech Consultants, MAC group of companies, Tanzania Printers, International Medical and Technological

University and Muhimbili School of Medicine. Some of the topics chosen were Mind Power for Self-Development; Success Without Stress, Building Team Spiritual; Crux of improving Human Relations.

Dr. Patel also conducted a four-day camp on New Dimensions in the Management of Diabetes in which more than 150 patients participated.

The biggest impact of his presence was by the important T.V. programme known as Hamza Kasongo Hour. Mamza Kasongo is famous T.V. Anchor who asked him health related questions for one hour. Dr. Patel could also share the technique of Rajyoga.

VIRTUE OF CONTENTMENT

(Continued from July 2005)

■ B.K. Maharshi, Milpitas, USA

How does a soul emerge from the virtue of contentment?

True contentment can be experienced only by identifying our 'content' or what is contained within us.

God explains that our true identity is a point of living energy, a soul, and our innate qualities include love, peace and happiness. In order to feel content, one needs to experience these qualities practically. The more we understand and embody each quality, the more we gain energy from it. Two things are required to feel contentment:

- Purity of the soul.
- Faith in God and knowledge.

Regularly listen the spiritual knowledge (*Murli*) and practise meditation; this forms the basis for purifying the mind and intellect, and in turn becoming content. Faith in the knowledge and in the One who is teaching us – the Supreme Being, the Ocean of Knowledge – will motivate us to follow the elevated directions (*shrimat*)

completely. This teaches us how to absolve ourselves of past negative actions, create good karma for the future, imbibe divine virtues and thus increase the purity of the soul.

The following points of spiritual wisdom I found and continue to find very helpful in developing contentment:

Eternal Nature of The Soul

Before receiving spiritual knowledge, as imparted by the Brahma Kumaris, many of us were discontent because death was believed to be the ultimate, undeniable truth of life. But God Shiva explains that our true identity is that of a soul and thus we are eternal. Death is not the end but it is a new beginning on the soul's journey. To die is to change the physical costume and is similar to changing clothes. When we experience the eternal, powerful nature of soul, we feel content and are filled with positive energy.

Secret of Settling Karmic Accounts

The Supreme Father teaches us the philosophy of karma; all souls have to settle their karmic accounts created over many births and this can be done in two

ways: either through 'bhogna' i.e. face the consequences of our actions (negative actions result in sorrow or pain) or through 'yoga', which is true remembrance of the Supreme Being, in His true form. The more we are stabilized in yoga, the more we are able to incinerate our old sanskaras and emerge virtues. Baba has thus shown us how to settle our karmic accounts in a simpler, faster and peaceful way and this keeps us content.

Knowledge of Drama

Many times we do not understand why a particular person is behaving with us in an improper way or why we have to face tough situations in life. Baba has given us the knowledge of 'drama', the unlimited cycle of time, and made us content. We now understand that:

► Every human being is an actor on this stage of life; each one is playing his or her respective role. If a person is behaving badly with us it is because we have to settle our previous karmic accounts with that soul.

► There lies something beneficial in every scene of this drama; every scene is a teacher, a test-paper that we need to pass in order to move ahead in life. If we are facing tough situations, we are merely settling old karmic accounts and so are

lessening our burden.

Inheritance from Baba for 21 Births

Baba always tells us to remember "Alpha and Beta" i.e. *Allah* and *Baadshahi* (inheritance of heaven, Garden of Allah). Through remembrance of the One Supreme, we can settle old karmic accounts, and make efforts to become worthy of receiving Godly inheritance of heaven for not just one birth but for 21 births or 2500 years. Baba is our *Sadgati Daata* (Bestower of fruition) and He is going to give us not liberation from life but fruition, i.e., liberation-in-life.

Key to Success

God Shiva has provided us with the key to success in whatever task we do: the key is the power of determination. Thus if we are determined in our aim, no matter how difficult it may be, we will be successful in attaining it.

Detached Observer

Baba shows us how to become a detached observer. We give and take sorrow only when we are too attached to a situation, our own beliefs of right and wrong, people etc. To be a detached observer means to perform actions as an instrument of God, as a trustee; in this way we are more broad-minded and objective in our thinking and judgement, and are

free from tension and anxiety. This keeps us content and stable in all circumstances.

CONCLUSION

Contentment is often called the 'decoration of spiritual life'; I find the following points valuable in recognising the importance of the virtue of contentment:

► **The Present Confluence Age** – The knowledge of the cycle of time has made us aware of the present time: we are passing through the most auspicious age where spiritual efforts (and world service) will give us rewards for many future births. With the virtue of contentment, we can easily forget past trivial matters and focus on the present.

► **The Final Moments of Destruction** – As the world is going through the final stages of degradation, all that is old and impure has to be destroyed before the world of paradise emerges. Our virtue of contentment will help us in facing forthcoming obstacles and challenges. It gives us the power to face sudden test-papers. We can emerge the virtues and spiritual powers at the right time only with a strong foundation of contentment.

► **Defeating Maya**
Contentment is the ultimate weapon to be used against Maya, as Maya preys on discontentment or negativity of

all forms and shapes. In this way we will fulfil Baba's hopes of becoming Mayajeet – "Conqueror of Maya".

(Concluded)

PATIENCE AND PERSEVERANCE

Voltaire was a Revolutionary Writer of France and his powerful writings awakened the people of France to action for alleviating their misery. A play he wrote was banned in Paris and after sometime Voltaire himself was banished from the town. He wandered about the country suffering innumerable hardship.

But his writings worked wonders among the people of France. The famous French Revolution broke out, the tyrant King lost his crown and the French Republic was born. Voltaire returned to Paris city with a hero's welcome. He was acclaimed by the French people as their saviour. The patience and perseverance of Voltaire are really praiseworthy. If we hold on our benevolent and selfless thoughts, they will bear fruit in due course. It may take some time, but patience and perseverance do pay us great rewards.

Recognition of Drug De-addiction and Social Services of Brahma Kumaris Organisation in Orissa.



D.O. No. 1666
SD/MISC – 28/2005
Bhubaneswar, Dated: 21.04.2005

**Shri A. K. Patnaik, I.P.S.,
Addl. D.G. of police-cum-
I.G. of Prisons & D.C.S.,
Orissa, Bhubaneswar**

My Dear Sister Rajyogini B.K. Kamlesh,

It gives me immense pleasure to know that Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Cuttack Region has shown extraordinary zeal and initiative to organise training course on “Raja Yoga” Spiritual Classes, Meditation Programmes etc. in different Jails of Orissa for reformation of the prisoners, which will go a long way in bringing their mental peace as well as their rectification. Besides, your organisation has also been conducting awareness programmes, de-addiction programmes, and health check-up programmes etc. in almost all jails of Orissa for the welfare of the prisoners. Such measures are highly commendable and praise worthy.

I hope, you will continue to render similar services in the coming days for welfare and reformation of the prisoners in the different jails and sub-jails of Orissa.

In this connection it may be mentioned here that your efforts have already been recognised by Government by publishing your work in white paper and activities paper.

With best wishes

Yours Sincerely,

(A.K. Patnaik)

Sister Rajyogini B.K. Kamlesh
Sukh Shanti Bhawan,
Jhanjiri Mangala,
Cuttack – 753009

Godly Service Report

SRI LANKA (Dadi Janki's Visit)

TSUNAMI CAMP VISIT

Dadi Janki visited Srilanka alongwith B.K. Sis. Hansa and B.K. Sis. Parul. Dadi Janki and the team went to visit a Tsunami Camp about half an hour drive from the main Centre. Panadurai Tsunami camp has 190 families. Dadi, after distributing parcels of tea, suger, bathing soap and washing soap, visited one of the temperory wooden houses the Tsunmi victims have been provided by an NGO from Japan.

PUBLIC PROGRAMME

In the evening at the public programme, the Chief Guest Hon. Jeyaraj Fernandopulle, Minister of Trade, Commerce and Consumer Affairs, in his address related his unforgettable experience with Dadi Janki. He said, "in spite of Dadi Janki's age, she tirelessly tours the world sustaining the Spiritual needs of people. Dadi, who is one of the Keepers of Wisdom, is very humble and simple. I still cherish my experiences at the international Hq. of the BKs. at Mt. Abu, Rajasthan

Next morning Dadi visited

the Kotehena Centre and visited the Prime Minister at his residence and shared spiritual wisdom with him.

VIP PROGRAMME

About 100 dignitaries turned up for the programme on "Awakening the Genius Within." Among them were The Vice Chancellor of Jaffna University, High Court judges, lecturers from Jaffna University, MPs and CEOs. Dr. Anura Ekenayake, Director Human Resources, UNILEVER, Sri Lanka shared his experience with the Brahma Kumaris.

Ms. Dulashi Perera and Mr. Sumttha Kuruppu of Independent Television Network said that at last they had found the true yoga, Raja Yoga. Dadi, they said, had in the short time given them deep realisations.

Mr. Susantha Abeysekera, Director Education, Examination and Training of the Institute of Engineers, Sri Lanka said Dadi had inspired him to include Spirituality in their training programmes.

AT KANDY

Dadi, led the B.K. family in early morning meditation and conducted the morning class empowering all.

INDIA PALAKKAD (KERALA)

A spiritual "Get-to-gather" of the Presidents and Secretaries of the Residents Associations of various colonies in and around Palakkad town and Office Bearers of the Kerala's Brahman Sabha, Palakkad Dist. unit, was held on Sunday, the 3rd July 2005, in the hall of Brahma Kumaris newly constructed "Shiv Jyoti Bhawan." About 120 participants from 35 colonies and Brahman Sabha attended the function. The audience included eminent persons doctors, engineers, advocates, educationists, Government officers, business magnates and Mahila Samajam members. B.K. Hariharan welcomed the audience while B.K. Dr. Chitra Bhanu talked of the activities of the Brahma Kumaris. Sister Meena, Centre In-charge spoke of the importance of the present time and need for spirituality. In the end of the interactive session, the participants were given copies of 'The World Renewal' and 'Purity' magazines and an audio cassette of Malayalam devotional songs.

The programme was telecast in the local TV channel in their news bulletin the same day and was also given good publicity in 2 leading vernacular dailies the next day.



1. ATHARGA (BELGAUM): On Mamma's Anniversary Day, Sarpanch Sis. Laxmi Kalnur being presented a Godly gift by B.K. Sis. Ambika. **2. BELGAUM:** Inaugurating a spiritual programme are (L-R) Dr. P.A. Pattanshetti, Bro. G. Gopi, Brig. C.D. Savanth, Dr. Shalini Rajneesh, I.A.S., Deputy Commissioner, B.K. Sis. Ambika and B.K. Sis. Vasantha. **3. PALAKKAD (KERALA):** At a programme for Residents' Association Presidents and Secretaries, B.K. Meena is seen speaking. **4. KENDRAPADA (ORISSA):** Inaugurating the Anniversary function of the centre are Bro. Pratap Kishan Dev, Prince of Ali and MLA; Bro. Arun Panda, eminent journalist, B.K. Sis. Kamlesh, B.K. Yodha Singh and others. **5. CHADCHAN:** Inaugurating the 'Adhyatmic Trimurti Circle' are B.K. Sis. Ambika, B.K. Sis. Somprabha, B.K. Bro. Prem, Justice Praveen Kumar, Judge, Civil Court and others. **6. VIZIANAGARAM (A.P.):** Inaugurating a 'Jurists Meet' are (L-R) Bro. J.L. Toshniwala, Justice V. Eshwaraiah, Judge, High Court of A.P., B.K. Sis. Annapurna, Bro. Sitharam Murthi, Distt. & Session Judge, B.K. Ratna and Prof. B.K. Saraswati. **7. INDI (KARNATAKA):** Inaugurating a seminar are Justice Pravin Kumar, Civil Judge, Sis. Shailja Balary and others. **8. GHATGAON (ORISSA):** Inaugurating a Rajyoga Centre are Bro. I.M. Kudisi, Judge, Orissa High Court, Bro. Arun Panda, B.K. Sisters Sulochna, Bindu and B.K. Bro. Santosh.

Godly Service Report

Contd. from page...1

BERHAMPUR (ORISSA)

(Visit of Dr. Pratap Midha)

Dr. B.K. Pratap Midha, Medical Superintendent, Global Hospital, Mount Abu, on the invitation of Dr. P.C. Sahu, President of Indian Medical Association (IMA), Berhampur addressed nearly 300 members of IMA at IMA Conference Hall, Berhampur on Doctor's day (01-07-2005). Through LCD show, he explained about the Spiritual approach for personal well-being by eradicating negative thoughts. He also inspired them to research new ways and techniques to promote modern health care. He also argued them to be a Karmayogi and detached observer in order to avoid the possible risk, threat, worry and tension of the present day life.

In the evening Dr. Midha inaugurated a conference on "Meditation, Health and Stress Control" at M.K.C.G. Medical College Auditorium in which the Chief-Guest was Dr. G.C. Samal, Principle, M.K.C.G. Medical College. It was a collaboration programme of BKs

with IMA. On this occasion a noble project "Let's make India Anaemia free" was launched. Nearly 400 doctors, students, Nurses, pharmacists and other

local cable channel, U.T.V., OT.V., E.T.V. and Door Darshan. At a Press Interview with about 30 journalists, Dr. Pratap explained the recent activities and on going health awareness programme of Global Hospital, Mount Abu. The



(From R) Dr. G.C. Samal, Dr. Pratap, Dr. P.C. Sahu, Dr. K.K. Panigrahi and B.K. Sis. Mala

dignitaries participated in this programme. There was also a class for B.K. Brothers and Sisters and a session on Stress Management for B.K. Teachers.

A personal interview of Dr. Pratap taken by the Station Director, A.I.R., Bro. Santanu K. Rath was broadcast for 15 minutes the same day. The news with photo of the entire programme was published in nearly 20 dailies of the state. The programme was telecast by the

journalists were very much pleased and requested him to open such a branch of Global Hospital at Berhampur. ●

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1. SIRSI (KARNATAKA): Seated on the dais at the programme "Establishment of Value-Based Society Through Spiritual Life" are Bro. V.R. Sudarshan, Chairman, Karnataka Legislative Council, former Minister Bro. Jainath and Congress President Bro. Hegde. B.K. Sis. Veena is seen speaking.

2. KOLHAPUR (DAPOLI): After a discussion on points of Godly Knowledge, V.C., Bro. Shankar Rao Magar, B.K. Atam Prakash, B.K. Rawat, B.K. Vithal and others in a group photo.

3. JAMMU (REHADI): Inaugurating the programme "Building A Value-Based Society Through Spiritual Life" are Bro. Jugal Kishore Sharma, Minister of Tourism, J&K, B.K. Sis. Achal, Bro. Kabindra Gupta, Mayor, B.K. Sis. Sudershan, B.K. Nirmal and others.

4. JABALPUR (NAPIER TOWN): Bro. Ishwar Das Rohani writing his opinion about the spiritual activities undertaken by the BKIVV. B.K. Sis. Bhavana and others are also seen.

5. HIRIYUR (KARNATAKA): B.K. Dr. Baswaraj Rajrishi, Bro. V. Satyanarayan, Minister of Rural Development Deptt., Bro. A. Manjunath and others inaugurating the newly constructed building of the Rajyoga Centre.

6. RAJKOT: Seated on the dais at a Get-Together organized for social workers are B.K. Amir Chand, B.K. Prem, Dr. Vallabh Bhai Kathiriyra, Member of Parliament, Bro. Gunwant Delawala, Chief of Sargam Club and B.K. Sis. Bharti.

7. PATAN (JABALPUR): Bro. Ajay Vishnoi, newly appointed Minister for Public Works, M.P., being presented Godly gift by B.K. Sis. Pushpa and B.K. Prabha at B.K. Centre.

8. RUDRAPUR: Uttranchal Minister for Health and Family Welfare Bro. Tilakraj Bahed felicitating B.K. Sis. Surajmukhi by presenting a memento.

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SRI LANKA: Rajyogini Dadi Janki presenting Godly gift to Hon'ble Bro. Mahinda Rajapaksha, Prime Minister of Sri Lanka.



CUDDAPAH: H.E. Bro. Sushil Kumar Shinde, Governor, Andhra Pradesh, being presented Godly gift by B.K. Sis. Susheela.



SRI LANKA: Rajyogini Dadi Janki, distributing relief material to the Tsunami affected people at a Refugee Camp at Panadura.



LOS ANGELES: After delivering a speech on "Live Life Light" at B.K. Centre, B.K. Dr. Prem Masand, eminent oncologist from India and B.K. Sis. Geeta, in a group photo with dignitaries.

